



CASE STUDY: USE OF A SEMI-ELEMENTAL FORMULA ON SIDE EFFECTS ASSOCIATED WITH CHEMOTHERAPY AND PELVIC RADIOTHERAPY

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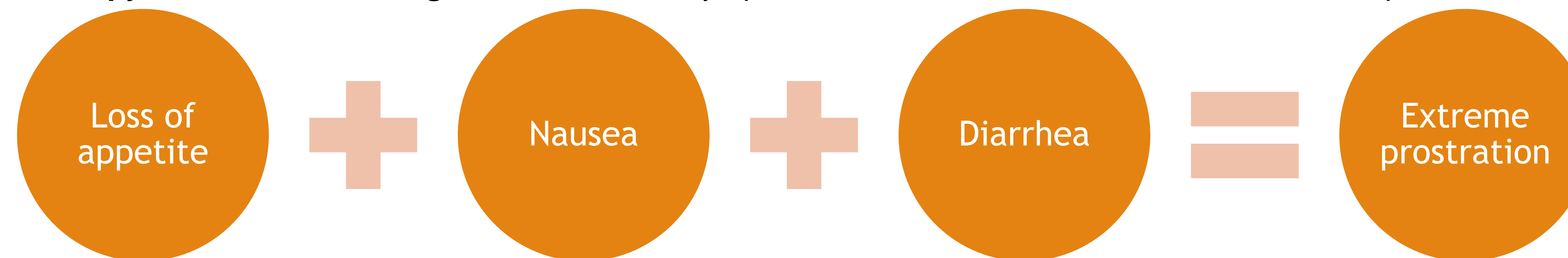
BACKGROUND

Endometrial cancer is one of the most common gynecological tumors. Proposed treatments are surgery combined with chemotherapy and/or radiotherapy. These treatments may present side effects, such as **diarrhea, nausea, and vomiting**, conditions that may compromise nutritional status and lead to weight loss, reduced response to treatment, and **decreased quality of life**. This case study presents the use of a semi-elemental formula with glutamine and micronutrients and its impact on side effects associated with treatment.

DESCRIPTION

A 66-year-old patient with **endometrial carcinoma**, pT3a, pNx. In March 2021, the patient underwent a total hysterectomy followed by **chemotherapy** (carboplatin + paclitaxel), with the onset of **diarrhea**. She was hospitalized due to severe abdominal pain and the patient underwent video laparoscopy with abscess drainage. In May 2021, **nutritional monitoring** was initiated, and the patient presented **difficulty to walk**, needing support and taking breaks to arrive at the doctor's office, **lack of appetite, extreme prostration and nausea**, with initial intake of 51% of energy needed. She presented a weight loss of 4% of body weight in 15 days and was prescribed a high calorie and protein supplement (320 kcal) once a day. After 14 days, with improved walking capacity without the need for support, and with appetite. She underwent radiotherapy and, after 40 days, returned for nutritional monitoring. After the beginning of **radiotherapy**, she had **diarrhea again**, with 4 to 5 daily episodes classified

as type 7 on the Bristol scale, in addition to **abdominal pain, nausea and lack of appetite, and extreme prostration**, so chemotherapy was suspended. Due to gastrointestinal symptoms, she was prescribed a **specific semi-elemental supplementation**, in powder, without sucrose, 100% **hydrolyzed whey protein added with L-glutamine**, 1 dose a day - Peptimax (Prodiet Medical Nutrition; Curitiba; Brazil) 140 kcal, 1.7 g of glutamine. High calorie and protein supplementation was maintained. After 30 days, the patient returned with a daily intake of 91% of the energy needed with **improvement of diarrhea** and alternate bowel movements with 0 to 2 episodes a day. She was able to perform all pelvic radiotherapy sessions, without constant diarrhea, rare episodes, but without impacting her treatment and disposition. The patient undergoes brachytherapy with no complications. She presents changed pace and strength, can walk to the doctor's office, and standup from a chair without support.



DISCUSSION

In this case, the changes were severe and significantly impacted the patient's nutritional status and strength, requiring support to walk. The use of a standard, high-calorie, high-protein supplement was important for the initial improvement. However, **when radiotherapy was started, there were symptoms again**, even with the use of standard supplementation. The inclusion of specific supplementation with hydrolyzed whey protein, glutamine and micronutrients aimed to improve the intestinal recovery of this patient, a condition that would allow better absorption of nutrients and consequent improvement in nutritional status. **The use of a nutritional supplementation with semi-elemental formula may have improved the side effects of radiotherapy, gastrointestinal function, nutritional status, and autonomy on daily activities.**

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DISCLOSURE

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